

Steps for Meridian Tapping (AKA Emotional Freedom Techniques (EFT))

- 1) Choose a problem to address (memory, ongoing issue, emotional or physical pain). We'll call this the target issue.
- 2) Measure the intensity of your target issue with a SUDs (Subjective Units of Distress) rating from 0-10. On this scale, 0 = no stress; 10 = complete distress).
- 3) Say the following 'setup statement' three times while continuously tapping the karate chop area of the hand (see diagram on page 2).

SETUP STATEMENT: *"Even though (I have this/I'm experiencing this/I feel or felt this) _____, I deeply and completely accept myself."*

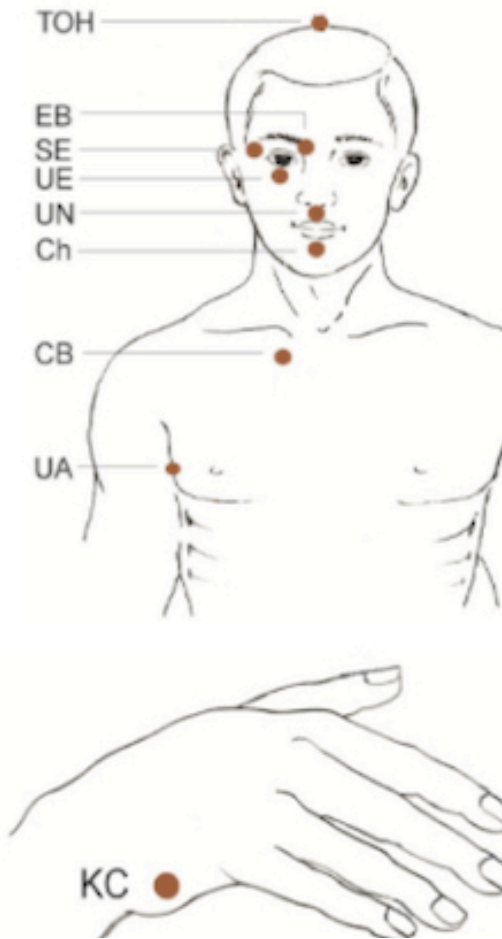
The target issue (from Step 1) goes in the blank space. It helps to be as specific as possible. For example, *"Even though I felt really humiliated when the teacher handed my paper back with a D on it, I deeply and completely accept myself."*

The setup statement includes language about the target issue as well as language about self-acceptance. The purpose of this is to acknowledge the problem and accept oneself in spite of the problem.

- 4) Decide on a reminder word or phrase about the target issue for tapping through the points with. For example: "This profound humiliation." The purpose of using a reminder phrase is to maintain focus on the problem.
- 5) Tap about 5-7 times on each of the remaining acupoints (see diagram on page 2) while repeating the reminder phrase at each point.
- 6) Review the target issue and measure the intensity again with a number from 0-10. If you are down to a 1 or a 0 you are done. If the intensity has not dropped to zero, ask if the intensity is related to the same issue that was just addressed or something new. If it's related to the same issue, repeat Step 3 saying, *"Even though I still have _____, I deeply and profoundly accept myself."*

Sometimes the original issue is gone, but another problem has been revealed. For instance, you start out feeling angry. After you have gone through steps 1-5, the anger is gone and now you feel sad. In this case, you would use the setup statement on the sadness. Another thing that can happen is that part of the event that you were dealing with is no longer bothering you, but now a different part of the event or something right after the event is bothering you. In this case, use the setup statement on the new target. Continue the process until you are comfortable and at peace with the target issue.

Note: If for some reason things feel like they're getting worse, discontinue the practice and bring it up at the next session.



The EFT points, locations and their corresponding acupuncture names:

KC = Karate Chop point (Small Intestine 3 – SI3): Located on the part of your hand you would use to deliver a karate chop.

TOH = Top of the Head points (Governing Vessel 21): Located in the center of the top of your head.

EB = Eyebrow points (Bladder 2): Located at the beginning of the eyebrow (just above and to one side of the nose).

SE = Side of the Eye points (Gall Bladder 1): Located on the bone bordering the outside corner of the eye.

UE = Under the Eye points (Stomach 1): Located on the bone under either eye.

UN = Under the Nose point (Governing Vessel 26): Located on the small area between the bottom of your nose and the top of your upper lip.

Ch = Chin point (Conception Vessel 24): Located midway between the point of your chin and the bottom of your lower lip.

CB = Collar Bone points (Kidney 27): To the CB points, place your fingertips on the U-shaped notch at the top of the breastbone, right about where a man knots his tie. Then move your fingers out to each side and down about an inch.

UA = Under the Arm points (Spleen 21): Located about 4 inches below the armpit on either side.